

Quapaw Tribe of Oklahoma

The Quapaw Tribe of Oklahoma's *You Can! Steps to Healthier Aging* program stands out because their organization has found multiple ways to offer encouragement and promote accountability among elders, resulting in a willingness to participate and try new activities. Staff encourage elders to set realistic goals to make wise food choices and be physically active. These goals are written down and posted to assist participants in "keeping their eye on the prize." Participants receive encouragement for all accomplishments big and small. The program staff pair participants up with another elder to provide added encouragement and praise. The buddy system has been an important part of the program because of the additional support and accountability the elders offer each other.

Quapaw Tribe of Oklahoma reaches approximately 20 participants with their *You Can! Steps to Healthier Aging* program. The program assists elders in visualizing sensible food portion sizes as part of the education and prevention services designed to assist elders in being healthy. Program staff persons provide charts for elders to record their progress in food choices and physical activity. Elders also are encouraged to participate in some type of physical activity daily.

The Title VI Program provides congregate meals and meals for homebound elders. The Program also hosts an annual health fair, quarterly health screenings, holiday and monthly birthday parties, physical activity programs, and prevention and education. Transportation also is provided as part of this package of services.

Partnerships are vital to the Quapaw Tribe's success in assisting elders with making wise food choices and being physically active. Staff refer participants to the Health and Wellness Center, an exercise facility. The Miami Indian Health Center and Diabetic Program provides participants with nutrition information, participates in the annual health fair, and assists in health screenings.

The Quapaw Tribe reports that program results achieved among participants include improved health and stamina and that physical activity has become part of their daily routine.

The Quapaw Tribe has leveraged funding and staff resources to make their program a success through fundraisers, donations, and volunteers.